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INSTRUCTIONS



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YOGURT MAKER

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Adding nuts to your diet is a great way to maintain energy levels throughout your day.

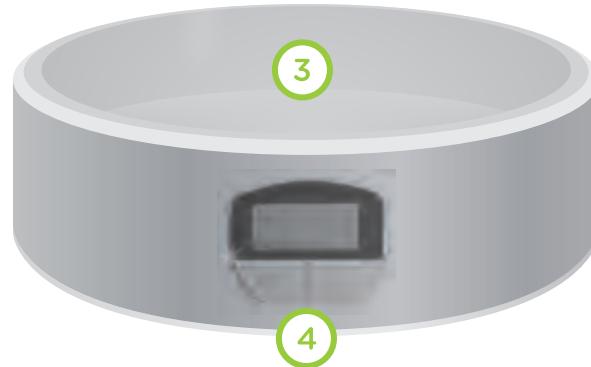
Please Read and Save this Instruction and Care Manual

IMPORTANT SAFETY GUIDELINES

When using electrical appliances, basic safety precautions should be followed, especially the following:

- Read all instructions carefully.
- Remove all packaging and labels from appliance prior to use.
- To protect against risk of electrical shock do not put cord, plugs, or appliance in or near water or other liquid.
- Only use yogurt ingredients with this product, other food may damage the appliance.
- Unplug from outlet when not in use, during assembly, during disassembly, and before cleaning.
- Avoid contact with heating parts.
- Do not operate this appliance with a damaged cord, damaged plug, after the appliance malfunctions, is dropped, or damaged in any manner.
- Any maintenance other than cleaning please contact StoreBound directly at by phone 1-800-898-6970 from 7AM - 7PM PST Monday - Friday or by email at info@storebound.com.
- Use only attachments recommended or sold by the manufacturer. Others may result in fire, electric shock, or injury.
- Do not use outdoors.
- Do not leave yogurt in the yogurt maker after timer has finished.
- Do not let the cord hang over edge of table, hang over edge of counter, hang over the sink, or touch hot surfaces.
- Make sure to turn off before removing the cord from the wall or the yogurt jars from the yogurt maker.
- Do not put your hands or other objects into the yogurt maker while it is in operation. If food becomes spilled on the heating platform make sure the yogurt maker is turned off and cooled down before cleaning.
- Do not use the appliance if any of the parts are damaged.
- Do not use without lid or jars in place.
- Keep hands and utensils away from heating platform while making yogurt to reduce the risk of injury and damage to the yogurt maker.
- Internal base in the yogurt maker is hot, as are yogurt jars. Let cool before handling jars or the yogurt maker.
- Do not place on or near a hot gas burner, hot electric burner, or in a heated oven.
- When cleaning do not submerge in any liquid, instead use a soft wet cloth to wipe down.
- Be certain lid is securely locked in place before engaging appliance.
- Appliance is not intended for children. Keep appliance away from children when in use.
- To minimize risk of food born illness, do not keep the yogurt in the refrigerator for more than 10 days.
- Do not put the appliance in the refrigerator.
- Keep The yogurt maker on a steady surface away from vibrating surfaces, such as a refrigerator, and away from drafts.
- Do not use expired yogurt, expired milk, flavored yogurt, yogurt with other ingredients in it, or liquid yogurt.

1. Yogurt Maker Cover
2. 7 Glass Jars With Lids
3. Main Base
4. Electronic Timer Display



Before First Use:

1. Read the entire instruction manual and save it for further use.
2. Remove any stickers and packaging before use.
3. Clean and wash all the parts and rinse them well. Use a wet cloth to wipe down the main base.
4. Wash the lids, glass jars, and The Yogurt Maker cover with hot soapy water and a sponge.
5. Do not use abrasive cleaning tools.

IMPORTANT NOTE: THE YOGURT MAKER IS NOT DISHWASHER SAFE. DO NOT SUBMERGE MAIN BASE IN ANY LIQUID. YOGURT JARS CAN BE PLACED IN DISHWASHER WITHOUT LIDS.

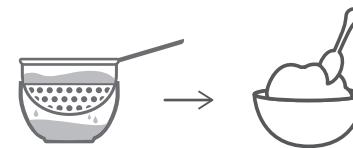
Using Your Yogurt Maker**What You Need To Know:**

Yogurt makes yogurt! All yogurt starts out with the same basic ingredients; milk and a “starter” yogurt.

Milk - Any milk will work: whole milk, 2 % milk, or even skim milk. Yogurt made with reduced fat milk will make a thinner yogurt and take longer to cook, but it will have a lower fat content. Whole milk will give you the fullest flavor yogurt.

Starter Yogurt - VERY SIMPLE! Buy one serving container of any plain yogurt from the supermarket with active probiotics. You will only need a small amount and the yogurt that you make can be used as the starter for your next batch.

Probiotics are “good bacteria.” Some research has shown they assist in digestion, protect against bad bacteria, and promote overall health. Greek Yogurt even works as a starter yogurt. Not all yogurts contain the same ingredients; some contain more probiotics than others. The only yogurt that won’t work as your starter is a yogurt with flavoring or fruit in it or a liquid yogurt. The probiotics in the starter yogurt are what help turn the milk into yogurt.

**What Is Greek Yogurt:**

Greek Yogurt has become extremely popular recently. What exactly is Greek Yogurt? It's just a thicker yogurt. Greek Yogurt starts the same way as regular yogurt. The only difference between the two yogurts is Greek Yogurt has had the extra liquid (whey) strained off. This makes the Greek Yogurt thicker. The extra liquid can even be used to as a substitute for water in bread making or instead of broth in soup. There are many types of thick yogurt, Greek Yogurt is just one of them. Greek Yogurt has a higher protein content than other yogurts. It's nearly double what regular yogurt contains. Greek Yogurt makes a perfect starter for making yogurt because it often contains a higher concentration of probiotics than regular yogurt.

What Are Probiotics:

What exactly are probiotics? They are “good bacteria.” Research has shown that Probiotics can assist in digestion, protect against bad bacteria, and promote overall wellness. Probiotics occur naturally in many foods. Yogurt is a great source of probiotics.

Research has also shown that food such as yogurt can slow down the growth of harmful bacteria as well as promote the growth of probiotics.

Yogurt contains the probiotic lactobacillus or bifidobacteria. These are primary probiotics for keeping a healthy balance in digestion. Studies have linked these probiotics found in yogurt to the easing of lactose intolerance and other digestion related issues.

Making your own yogurt at home is a great way to make a yogurt full of probiotics.

Shopping List:



- Milk of your choice



- Plain yogurt with Probiotics (or a packet of freeze-dried starter culture)



- (Optional) Any type of powdered milk



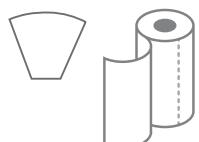
- Thermometer



- Whisk



- The Yogurt Maker with included 7 glass jars



- For Greek Yogurt you'll also need: Filter - Cheesecloth, coffee filter, paper towel, or kitchen towel



- Colander



- Large bowl

Yogurt Making Tips:

- When choosing a yogurt for a starter, use a plain yogurt.
- There are many ways to get the consistency that you like. Boiling the milk and/or mixing in powdered milk will help to make a yogurt with a thicker consistency. This will be further explained in the instructions on the following pages.
- If you are making Greek Yogurt you can save the excess liquid (whey) and use it in various bread and soup recipes. The whey can add extra protein to your breads and soups.
- For the freshest flavors add any fruit or flavoring right before you eat the yogurt. You can also add the fruit or flavoring and refrigerate for later. Make sure to mix the fruit or flavoring in evenly to ensure the best flavor.
- Do not save your yogurt in the refrigerator for more than 8-10 days. The yogurt is preservative free and fresh so it will not have a long shelf life. You can freeze the yogurt to make it last longer.
- You can use homemade yogurt as the starter for your next batch of yogurt. If you do use yogurt from a previous batch as a starter, ensure you don't save it for too long. After a few days the probiotics in the previous batch can weaken and could make a yogurt with too liquid of a consistency. We recommend only using the previous batch as a starter only for 2-3 more batches. Freezing your homemade starter can help make it last longer and prevent the probiotics from weakening.

What The Yogurt Maker Does:

The Yogurt Maker provides the ideal environment for the Probiotics to turn the milk into yogurt.

Making Yogurt:

1. Ingredients - Milk and Starter Yogurt:

Start with 5 cups of milk and ½ cup of plain yogurt.

Instead of plain yogurt you can use 1 packet of freeze-dried starter culture (1 teaspoon).

2. Preparation:

Take the starter yogurt from the fridge so it has time to get closer to room temperature while you are preparing the milk.

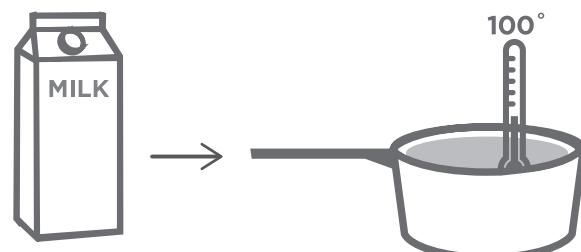
3. Heat the Milk:

To achieve the best results, bring the milk to a boil in a saucepan. Use a whisk to mix the milk occasionally. This helps to make a thicker yogurt.

As a shortcut, instead of boiling the milk you can add 7 tablespoons of powdered milk to the liquid milk and achieve a similar result.

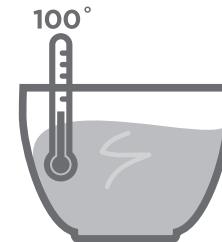
For very thick yogurt, almost Greek Yogurt consistency, you can boil the milk and mix in the powdered milk.

TIP: The right consistency of Yogurt is a matter of personal preference. Try experimenting with different amounts of powdered milk to achieve a consistency that suits your taste.



4. Temperature Check:

Let the starter yogurt reach room temperature before mixing with the milk. Let the milk cool to about 90-110°F before mixing in the yogurt or freeze-dried starter culture. Turn your Yogurt Maker on so it has time to preheat, do this by setting the timer for one hour and pressing start. It will only need a few minutes to pre-heat.



5. Mix the Ingredients:

Use a whisk to mix the starter yogurt with the milk until the consistency is smooth with no lumps of yogurt.

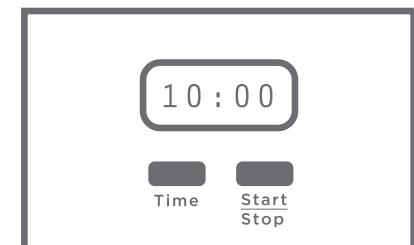
6. Fill the Jars:

Pour the mixture into the jars so that they are filled to right below the threads. Place the jars in The Yogurt Maker WITHOUT the lids. Place the cover on The Yogurt Maker.

7. Setting The Timer:

Push the button on the right (start/stop), to clear the preheat time. Push the button on the left (time) once for each hour you wish to add. Press the right button to start The Yogurt Maker. The "hr" will blink once and The Yogurt Maker has started. Set the timer based on the type of milk used. The guide below will help with setting the time. Non-dairy milks might require more time in The Yogurt Maker.

- Whole Milk = 8 hours
- 2% or 1% Milk = 10 hours
- Skim Milk = 12 hours



8. Waiting Game:

Now you wait for the probiotics in the mixture to turn the milk into yogurt. We recommend setting the timer before leaving for work or before going to bed.

9. Refrigerate:

When the timer finishes, the Yogurt Maker will turn off. Remove the cover slowly as condensation forms during cooking. There may be a small amount of liquid (whey) on top of the yogurt in in the jars. This is normal. Stir the yogurt in each jar and screw on the lids. Put the jars in the refrigerator for at least 3 hours. We recommend that you don't save the yogurt more than 8-10 days.

10. Flavoring:

Stir the yogurt before adding any flavoring. Add flavoring or fruits, save $\frac{1}{2}$ cup of unflavored yogurt, (about 1 jar) as the starter for your next batch of homemade yogurt. See our recipe section for some flavor ideas or create your own delicious flavors.

11. Recycle:

Use the $\frac{1}{2}$ cup of saved yogurt as the starter yogurt for your next batch of homemade yogurt. If you use yogurt from a previous batch as a starter, ensure you don't save it for too long. After a few days the probiotics in the previous batch can weaken and could make a yogurt with too liquid of a consistency. We recommend only using the previous batch as a starter only for 2-3 more batches. You can freeze your homemade starter to make it last longer.

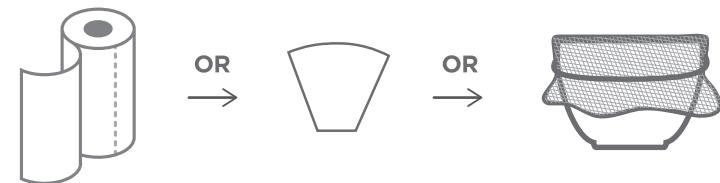
IMPORTANT NOTE: YOU CAN SUBSTITUTE SOY, ALMOND, OR COCOANUT MILK FOR REGULAR MILK. COOKING TIME MIGHT NEED TO BE AUGMENTED FOR NONDAIRY MILKS.

Making Greek Yogurt:

The only difference between regular yogurt and Greek yogurt is that Greek yogurt is thicker and has had the extra liquid filtered off. To filter the whey off you can use cheesecloth, paper towels, a kitchen towel, or even a coffee filter. We recommend four layers of cheesecloth as it filters best.

1. Follow the steps above up to Step 9.

2. Place a filter in a colander. To filter the whey off you can use cheesecloth, paper towels, a kitchen towel, or even a coffee filter. We recommend four layers of cheesecloth.



3. Place the colander in the large bowl.

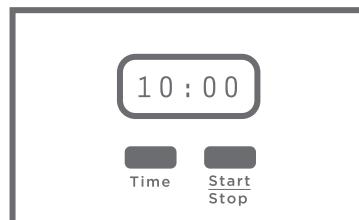


4. Pour the yogurt that you want to turn into Greek Yogurt into the colander and place the colander in the bowl in the fridge. You don't have to turn all your yogurt into Greek Yogurt, just the amount you want.
5. In 2 hours remove the bowl from the fridge and pour out the liquid that has collected in it. You can save the liquid (whey) and use it in bread and soup recipes.
6. You can put the yogurt back in the empty jars or in a larger container. We recommend that you wash the jars before putting the yogurt back in them.
7. Refrigerate the yogurt for an additional 3 hours.
8. Now you have delicious homemade Greek yogurt.
9. Add any flavoring or fruits you like to the yogurt. Save $\frac{1}{2}$ cup of unflavored yogurt for your next batch of homemade yogurt.
10. Use the $\frac{1}{2}$ cup of saved yogurt as the starter yogurt for your next batch of homemade yogurt. If you use yogurt from a previous batch as a starter, ensure you don't save it for too long. After a few days the probiotics in the previous batch can weaken and could make a yogurt with too liquid of a consistency. We recommend only using the previous batch as a starter only for 2-3 more batches. You can freeze your homemade starter to make it last longer.



Setting The Timer:

- Turn the yogurt maker on using the right button, start/stop button. “Hr” will blink when you’ve pressed the start button, this means The Yogurt Maker is on.
- To add an hour to the timer, push the left button.
- Set time based on type of milk used:
 - Whole Milk = 8 hours
 - 2% or 1% Milk = 10 hours
 - Skim Milk = 12 hours
- Once the timer counts down past one hour the numbers will convert to minutes. “Hr” will change to “Min” after the timer counts down past on hour.

**Cleaning Your Yogurt Maker:**

1. Always unplug the yogurt maker before cleaning.
2. Let cool down before cleaning.
3. Clean the jars and lids using hot water and a mild dish soap.
4. Wipe the main base with a wet cloth.
5. Do not use abrasive cleaning tools.

IMPORTANT NOTE: THE YOGURT MAKER IS NOT DISHWASHER SAFE. DO NOT SUBMERGE MAIN BASE IN ANY LIQUID. YOGURT JARS CAN BE PLACED IN DISHWASHER WITHOUT LIDS.

Troubleshooting:

IF YOU COME ACROSS ANY OF THESE PROBLEMS HERE ARE SOME POSSIBLE SOLUTIONS. IF YOUR PROBLEM IS NOT LISTED OR THE RECOMMENDED ACTION FAILS TO SOLVE YOUR PROBLEM, CONTACT STOREBOUND DIRECTLY: (800) 898-6970 OR info@storebound.com

The yogurt did not come out the correct consistency:

- The yogurt or freeze-dried starter culture may have been added before the milk was given proper time to cool which may kill the probiotics.
- The milk may not have been brought to a full boil before mixing the starter in.
- The yogurt mixture may have been over mixed before being placed in The Yogurt Maker.
- The Yogurt Maker may not have been turned on or set for the correct amount of time. Try adding more time to The Yogurt Maker.
- If you used yogurt from a previous batch as a starter, you might have saved it for too long. After a few days the probiotics in the previous batch can weaken and could make a yogurt with too liquid of a consistency. We recommend only using the previous batch as a starter for 2-3 more batches. You can freeze your homemade starter to make it last longer.
- The yogurt used as starter may not be fresh enough and the probiotics could no longer be powerful enough to turn the milk to yogurt.
- The yogurt starter needs to sit at room temperature before mixing it with the milk.

The yogurt has a bad taste:

- The yogurt or freeze-dried starter culture may be expired.
- The milk may be expired.
- Flavored yogurt may have been used as a starter instead of plain yogurt
- The yogurt may have been left in The Yogurt Maker too long and overcooked.

There is a liquid, whey, collecting on the surface of the yogurt:

- A little whey is normal, try mixing it into the yogurt or pouring it off.
- The milk may have been overcooked causing it to separate.
- The yogurt may have been left in The Yogurt Maker too long and overcooked. If there is a lot of whey you can pour it off.
- The Yogurt Maker may have been mixed, moved, or bumped during cooking.



Recipes:**These recipes are for a single jar of yogurt**

Here are some recipes that you can try making with your Yogurt Maker. Don't limit yourself to just these. We recommend you try your own flavors and experiment to find the perfect yogurt.

Then, when you find that perfect recipe don't keep it to yourself, submit it to us so we can share it.

Beginner Recipes:

For the following recipes mix ingredients with the yogurt you made. The yogurt jar should be stirred to evenly distribute the flavors.

**Apple Yogurt**

$\frac{1}{4}$ small apple

2 teaspoons sugar

Blueberry Yogurt

1 tablespoon blueberry preserves

Chocolate Yogurt

1 $\frac{1}{2}$ tablespoon chocolate syrup or 1 tablespoon chocolate milk powder
1 teaspoon shaved chocolate, (optional)

Honey Yogurt

1 tablespoon honey

Juice Yogurt (your choice of juice flavor)

2 teaspoon frozen fruit juice concentrate or 1 tablespoon canned nectar

Lemon Yogurt

2 teaspoons fresh lemon juice
2 teaspoons sugar

Lime Yogurt

2 teaspoons fresh lime juice
2 teaspoons sugar

Maple-Nut Yogurt

1 teaspoon maple syrup
2-4 tablespoons finely chopped nuts

Orange Yogurt

2 tablespoon orange marmalade or chopped orange
2 teaspoons sugar

Prune Yogurt

2 prunes, chopped
2 teaspoons sugar

Raspberry Yogurt

1 tablespoon raspberry jam

Strawberry Yogurt

1 tablespoon strawberry jam or 2 tablespoon of sliced strawberries
2 teaspoons sugar

Vanilla Yogurt

1 teaspoon vanilla extract
2-3 teaspoons sugar

Intermediate recipes

For the following recipes mix ingredients with yogurt.
The yogurt jar should be stirred to evenly distribute the flavors.



Apricot Yogurt
3 dried apricot
2 teaspoons sugar
Chop up the apricot before mixing with the yogurt.

Banana Yogurt
2 tablespoons honey
1/3 cup chopped banana
Peel and chop up the bananas before mixing with the yogurt.

Peach Yogurt
1 tablespoon peach jam or 5 thin slices of peeled peach
2 teaspoons sugar or 1/2 dried peach half, chopped
Thinly slice or peel the peach before mixing with the yogurt.
If you are using the dried peach half chop finely before mixing with the yogurt.

Pear
5 thin slices pear
2 teaspoons sugar
Peel pear and cut slices in half before mixing with the yogurt.

Peppermint Yogurt
2 hard peppermint candies
2 drops peppermint extract
Crush peppermint candies before mixing with the yogurt.
You can also add some fresh peppermint depending on your taste.

Plum Yogurt
2 small fresh plums, sliced
2 teaspoons sugar
Peel and slice plums before mixing with the yogurt. You can leave the peel on the plums if you want.





HEALTHY LIVING

Advanced recipes

For the following recipes mix ingredients with yogurt you made. The yogurt jar should be stirred to evenly distribute the flavors.

Almond Yogurt

1 tablespoon almonds, minced
1 tablespoon brown sugar
10 drops almond extract

Cherry Yogurt

1 tablespoon cherry preserves
6 cherries
2 teaspoons sugar
Slice the cherries in half and remove the pits before mixing with the yogurt.

Coffee Yogurt

1 teaspoon instant coffee powder
1/4 teaspoon hot water
1 tablespoon sugar
Dissolve coffee in the hot water then add sugar depending on your taste.

Mocha Yogurt

1 teaspoon instant coffee powder
1/4 teaspoon hot water
1 tablespoon chocolate milk powder
1 tablespoon sugar
Dissolve coffee in the hot water then add sugar depending on your taste.



PROBIOTICS



Probiotics are good bacteria. Research suggests they assist in digestion, protect against bad bacteria, and promote overall wellness. Yogurt is a great source of probiotics. Making your own yogurt at home is a great way to make a yogurt full of probiotics.

ACTIVE LIFE



Yogurt is a great source of protein without the high fat content found in many other other sources of protein. Protein gives you energy for a full and active life.

MAKE HEALTH



Studies have linked yogurt to many health benefits including: reducing risk for high blood pressure, helping with gastrointestinal disorders, preventing osteoporosis, lowering cholesterol and aiding in weight loss.

